



H1N1 Update
There have been 221 students treated for flu-like symptoms at the Student Health Center.

Courtesy of www.skunews.com

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Visit us online at www.umwbullet.com

November 12, 2009

Right: Construction of Eagle Village is continuing to progress. The housing is scheduled to be ready for August 2010.



Marie Nicola/Bullet

Students Test Luck In Housing Lottery For Eagle Village

By **AMBER GOLDWASSER**
Staff Writer

Off-campus students will be able to participate in the Residence Life housing lottery this spring, according to Director of Residence Life Chris Porter.

Off-campus students, according to Porter, will now be placed at the end of their class in the lottery system, giving them a better chance of returning to on-campus housing.

According to Porter, in the past students who wished to return to campus would have to wait until

on-campus had completed their lottery selection, leaving them with minimal options.

"So, for example, on-campus seniors would sign up first, then off-campus seniors. Then on-campus juniors, then off-campus juniors," Porter said.

Off-campus students may also register with residential students living on campus now.

"They can either sign up with current on-campus students or participate in the lottery," Porter said.

HOUSING, page 2 ▶

Residence Life Asks BOV to Cut Student Desk Aide Program

By **HEATHER BRADY**
Staff Writer

The Office of Residence Life is recommending that the Board of Visitors approve cutting desk aide jobs in freshman dorms for the spring semester.

In an e-mail sent to desk aides on Tuesday, Residence Life said that they were recommending that the Board of Visitors cut the desk aide program in December.

The program is being cut because of university-wide budget cuts, according to Chris Porter, director of Residence Life.

However, the desk aide job was once a part of a larger program involving all residence halls has been slowly reduced over time.

"It was the next logical step, given our program and the current budget situation," Porter said. "We had already cut other non-employee budgets and

[we] were at the point where we had some very difficult choices to make."

"The freshman building supervisors and resident assistants will be monitoring the honor sign-in logs to make sure people are signing in and out as they do in [upperclassmen] buildings," Porter continued. "The majority of our buildings do not have desk aides now, and the honor sign-in process works well."

Sarah McDermott, a sophomore, is a desk aide for Mason Hall.

"I think that it sucks if my job is cut for next semester," McDermott said. "It is hard to get a job on campus, and this one is really flexible with my schedule."

McDermott intends to apply for another job on campus if the desk aide position is cut.

Senior Cassandra Ratti, a Mason Hall desk aide, does not plan to apply

JOBS, page 9 ▶

EagleNet Provides Cheaper Alternative to EagleLink

By **DAWN ROBEY**
Staff Writer

The EagleLink portal will be getting an upgrade on Nov. 23, as well as a new name, EagleNet.

The new web portal will provide students with a space for networking and information exchange within the UMW community.

In an e-mail sent to all students and faculty, the Department of Information Technology said that the change is going to be a cheaper and more current technology. UMW is trying to switch from Novell to Active Directory so that all communications will use the same I.D. and password.

Acting Director of User Services Pam Lowery said that EagleNet is based on an application by Microsoft. Microsoft also hosts the new e-mail system that was launched at the beginning of the fall semester.

Unlike EagleLink with its tab set up, EagleNet has a cleaner look with a navigation bar and pull down menus

similar to Internet Explorer.

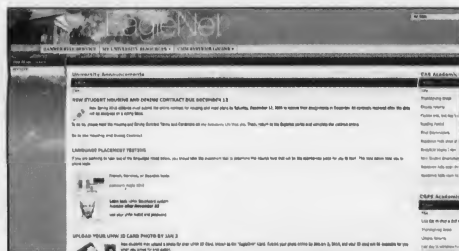
"It has the appearance of being much more sophisticated than before," senior Deborah Smith said.

The blue and white home page shows announcements and news, plus a link to the *Bullet*, featuring the top stories for the week.

The navigation bar has only four

pull down menus. 'EagleNet' returns a user to the home page. 'Banner Self-Service' provides access to registration tools. 'My University Resources' gives quick access to academics, financial aid and student accounts. 'Systems Logins' will provide a portal to Blackboard, the library, net storage, UMW

EAGLENET, page 2 ▶



A screenshot of the new EagleNet system online.



Courtesy of Justine Rothbart

The Ecology Club hosted Sustainability Day on Nov. 7. Sustainability Coordinators organized a recycled materials arts and crafts station. Students decorated old bottles and made ornaments out of used soda cans. For more information see page 9.

Six Arrested in Local Graveyard

By **JESSICA MASULLI**
Staff Writer

Over the weekend, five UMW students and one non-UMW student were arrested for trespassing in a cemetery at 12:30 a.m.

Two of the students were arrested for other charges, including public intoxication and underage possession of alcohol, according to the Fredericksburg Police Incident reports.

The five students did not comment on the incident.

On Nov. 7, a passerby complained to the Fredericksburg police that several people were climbing a wall into the cemetery, according to Public Information Officer Natatia Bledsoe from the Fredericksburg Police Department.

"It is against the law to be in a cemetery after dark," Bledsoe said. "And, this cemetery is of particular concern as there have been incidents of vandalism there in the past against historic gravesites."

According to Bledsoe, two peo-

ple ran from the police officer and were caught in the Free Lance-Star parking lot. One person ran after giving the police officer his name and identification, but this person was not caught.

Three other people were cooperative. The last person arrested was separated from the group and was arrested after jumping over the wall onto the sidewalk, according to Bledsoe.

Bledsoe said that all of the people arrested identified themselves as UMW students, but the UMW administration said that one person was not listed as a current student. Although UMW students are only a small percentage of the actual arrests in Fredericksburg, they do cause disturbances.

Between June 1, 2008 and May 31, 2009, there were 3,094 arrest incidents in Fredericksburg, but only 65 of those were UMW students, according to Bledsoe.

"There are a greater number of complaints against students that do not involve arrests or citations, and the majority of these are large and loud parties that disturb the neighbors," Bledsoe said.

Four-Hour Internet Outage Interrupts Campus Activity

By **EMILY MONTGOMERY**
Staff Writer

On Monday morning, Internet users on campus and in the surrounding area, experienced Internet outages, according to Apogee.

The outage was caused by an off-campus fiber cut, according to an e-mail Apogee sent to students on Thursday afternoon, and lasted from approximately 7:28 a.m. to 11:30 a.m.

The cause of this cut has not yet been determined, but fibers are sometimes accidentally cut in construction mishaps, ac-

cording to Apogee's Client Services Manager Leah LeVine.

The location of the cut has not been confirmed, according to LeVine.

This outage was unique in that it affected everyone on campus, not just students.

Professor Eric Gable of the Department of Sociology and Anthropology said that though it was a disruption, it was not a big deal.

"It's in the nature of the Internet to have occasional problems," he said.

Junior Justine Rothbart also thought the problem was not serious.

"I was a little annoyed, but I just wanted to check my e-mail, so it didn't really affect me," she said.

Freshman Briana Baldwin felt differently.

She said she was frustrated with not being able to check the weather or her Facebook due to the outage.

Professor Michael Bass, who was working on research at the time, said it showed him how dependent we are on the Internet.

Apogee maintains that technical representatives are always available to help troubleshoot Internet problems.



By JESSICA MASULLI
Staff Writer

Nov. 3- At 10:29 a.m., UMW police responded to a student illness in Chandler Hall. The Fredericksburg Rescue Squad transferred the student to Mary Washington Hospital.

Nov. 4- At 8:20 a.m., the math department contacted UMW police because it looked like someone had kicked in the wall of room 140 in Trinkle Hall. UMW Police reported the damage and contacted Facilities Services so that the damage could be repaired. Upon further investigation, the police found that the damage was caused by an accident. No charges will be filed.

Nov. 4- At 9:40 a.m., UMW Police were notified that a non-UMW student tripped in the grass between the sidewalk and College Avenue near duPont Hall. The person had a cut to their eye along with other possible injuries. The Fredericksburg Rescue Squad transported the victim to Mary Washington Hospital for

treatment. The city of Fredericksburg public works was notified and the contractor who completed work on College Avenue was called in by Fredericksburg to fix the hazard.

Nov. 4- At 12:59 p.m., UMW police reported that a purple and silver Trek bicycle was stolen.

Nov. 6- At 4:20 p.m., UMW police arrested a student for felony theft of textbooks from the UMW Bookstore. The stolen property was recovered by the police and returned to the Bookstore. Charges were filed in conjunction with the arrest.

Nov. 7- At 9:48 a.m., UMW Police and the Fredericksburg Rescue Squad responded to a student illness in Virginia Hall. The student declined transportation to the hospital.

Nov. 7- At 10:07 p.m., a student contacted the police to report that his red Dodge Neon car had been vandalized with a key. The car was parked in the William Street parking lot.

Nov. 9- At 1 p.m., the UMW police and Fredericksburg Rescue Squad responded to an employee illness at the Eagle's Nest. The employee was transported to Mary Washington Hospital.

Nov. 9- At 1:39 p.m., UMW police reported that there was pornographic graffiti written in chalk at Palmieri Plaza. UMW Grounds was called to remove the graffiti.

Nov. 9- At 2:06 p.m., it was reported that a silver and green Schwinn bicycle had been stolen.

This information was compiled with help from
Assistant Vice President for Public Safety and Community Service Susan Knick.

Dining Services Aims for Record-Breaking Charity

By SARAH SANDERS
Staff Writer

On Thursday, both UMW students and members of the community will work toward breaking a Guinness World Record and helping the Fredericksburg area as they participate in the national Helping Hands Across America food campaign.

UMW is one of many college campuses across the nation that will be participating in the effort to collect more than 400,000 pounds of food in one day. Sodexo, the parent company of UMW dining services, will sponsor the

campaign.

"Last year UMW collected 3,366 pounds of food. We're hoping to collect over 5,000 pounds this year," Rose Benedict, marketing specialist for UMW dining services, said.

Although tallied as part of the national drive, the food collected at UMW will remain in the community, filling the shelves of the Fredericksburg Area Food Bank, which serves over 7,000 people in the area. Once the food bank is filled, the remaining food will be donated to the Fredericksburg Presbyterian Food Pantry, according to Benedict.

"Everyone who donates food will be entered in a drawing," Benedict said. Drawing winners will receive prizes donated by area businesses.

In order to meet their goal, UMW Dining Services encouraged student organizations to collect food ahead of time and then donate it on Thursday. Any food collected before Thursday by any organization affiliated with Sodexo would not be counted toward the record breaking goal of 400,000 pounds.

"We [dining services] can't begin

DONATE page 9



Courtesy of Rose Benedict

Last year's food drive was called 'Cans Across America.' This year, the name was changed to 'Helping Hands Across America.' It is the fourth annual Dining Services food drive.

EagleLink Gets Upgrade

◀ EAGLENET, page 1

Blogs and e-mail.

"Everything is easier to find: deadlines, test dates and housing contract updates," junior Gina Longstreet said. "It's all right there."

EagleNet also allows UMW users to have a personal MySite page. Here users create profiles and blogs, similar to MySpace. They can also store and share documents, contacts and links.

"I'm looking forward to exploring all the new possibilities [of MySite], especially blogging," senior Deborah Smith said.

This is not a campus wide MySpace though. It is meant to be academic in nature. Profiles are similar to an online resume, allowing users to display their interests and achievements. Members can display as much or as little personal information as they choose. Unlike Facebook or MySpace, they cannot

choose who has access to their profile.

"The page was easy to personalize and create but it almost feels too open. On Facebook or MySpace you get to choose who sees your information. I'm just not sure if I'm comfortable with putting up a lot of information that the whole school, faculty and alumni would have access to," Gina Longstreet said.

The EagleNet system will not address recent student struggles with web registration. Banner Self Service will still provide students with their registration tools. Students will, however, have easier access to their advisor information, which is now posted directly on the academics page.

"We don't anticipate any technical problems with the switch-over to the new system," Lowery said. The Department of Information Technology will address any problems that students have with logging into the new system.

Students will need to access the new portal at eaglenet.umw.edu. They will

need their UMW I.D. and a temporary password to log in the first time. The temporary password will be the last four digits of a user's social security number combined with their two digit birth month. This temporary password should be changed after the initial log in.

"This may not appear to be a change for some students. If a student hasn't changed his/her temporary password, and is still using his/her original password, this change to a new authentication method may not seem to be a change," Lowery said in an e-mail.

After initial log in, students can then create their MySite profile. A tutorial on how to do this can be found under the MySite link on EagleNet.

More information about the EagleNet change can be found at www.umw.edu/eaglenet and students, staff and faculty can use their temporary passwords to log in and preview the system at eaglenet.umw.edu.

Residence Life Lets Upperclassmen Return to Lottery

◀ HOUSING, page 1

According to Porter, juniors, seniors and graduate students will be permitted to live in Eagle Village. The University will offer school-year and 12-month lease options. Students with a 12-month lease can also renew their lease without going through housing selection again.

"In effect, they have a 24-month lease," Porter said.

When Eagle Village opens in August 2010, both Mason Hall and Randolph Hall will be closed for renovation, Porter said. To compensate, an upperclassmen residence hall will be converted into a freshman residence hall. The Office of Residence Life has not yet decided which dorm will be converted.

Junior Clark Castillo thinks that this decision is fair for the students who left on-campus housing.

"Some [students] most likely left due to wanting some form of stability in housing, which would not be allowed by the current housing shortage," Castillo said. "As such, it seems perfectly fair that they [should] be able to take advantage of the new facilities, now that there is less of a housing shortage."

Castillo also thinks that many off-campus students will not try to live on campus again.

"It is an option, not a requirement, so while there may be some who take advantage of this, not all students necessarily will," Castillo said.

However, junior Matt Keaton believes that the Eagle Village project is harmful to the university's students.

"I think that Eagle Village is a large construction project that has marred the

campus's appeal, and is pulling the university down the road to expansion that is not in concert with the best interests of the students who attend here," Keaton said.

The Eagle Village apartments will be more modern and will have more amenities than the UMW Apartments, according to Jeff Rountree, executive director and CEO of the UMW Foundation.

The kitchens in the Eagle Village apartments will be equipped with stainless steel countertops, according to Rountree. There will be two bedrooms and two full bathrooms with large windows in each apartment.

Porter said the apartments will have one couch, lounge chairs, a coffee table, end table, entertainment unit, lamps, and a breakfast bar with four stools, along with the traditional bedroom furnishings.

Students will have the option of paying extra to lease a parking spot in the parking garage, which will be equipped with a gate and a swipe-card entrance, according to Rountree.

"There will be an additional charge if residents want their own VOIP phone in their rooms or additional internet or cable services" Porter said.

According to Rick Pearce, associate vice president for business and finance, the university's Board of Visitors will decide on the price rates for Eagle Village housing in April of 2010.

The current price for residence halls ranges from \$1,995 to \$2,711, depending on whether the room is a single, double, triple or quad. The UMW Apartments range from \$2,210 to \$2,976, depending on whether it is a single, double or triple-room apartment, according to the UMW website.

Correction:

In "Students Frustrated by Internet Malfunctions" (Nov. 5, the *Bullet*), the internet malfunction described in the article impacted only the Fredericksburg campus and not the Stafford campus of UMW.

There were actually two unrelated issues that occurred on Wednesday, October 28. The school network experienced a firewall issue around 2 p.m. as confirmed by the IT department. Apogee experienced a separate issue later that evening, beginning at approximately 8:45 p.m. and ending by 11:00 p.m. the same night. Apogee does not provide any services to the graduate campus.

Viewpoints

Bullet Fed Up With Internet Outages

On Monday morning students on campus and in the surrounding area experienced Internet outages...again. Apogee confirmed via e-mail that the outage lasted from around 7:28 a.m. to 11:30 a.m. and

was caused by a fiber cut, though the location of the cut was not determined.

This is just another thread in the constant Internet problems that students have encountered here at UMW. About a month ago the Internet went down on a Wednesday night for about an hour, bringing the *Bullet* production to a halt as we all waited for access back to our final source of fact checking and our website.

Twice a year, when it is time to sign up for classes online through Eaglelink for the following semester, there are constant Internet problems as the site

can't handle the massive influx of users all at once. Many people are forced to sit and repeatedly click refresh, hoping that they are one of the lucky few who will suddenly gain access to the site. For those who aren't

lucky, they end up having to scour the website for hours on end in the coming weeks, ready to pounce should someone drop a class that they need.

It is understandable to encounter some Internet issues every once in a while, but unfortunately the problems have become much too frequent. Students are much too reliable on the Internet. To get things done, we shouldn't have to click on Internet Explorer or Firefox and cross our fingers, hoping that it works.

The students are not the only ones who have been hurt by the Internet woes, as professors have had the Internet down during classes and were unable to access PowerPoints they had previously emailed to themselves or they are unable to access online sources.

There has to be a way for Apogee to provide better, more reliable Internet service. The campus is just too dependent on a trustworthy, fast Internet for these issues to continue. If Apogee cannot provide a better service, then maybe it's time the University switches to a company who can.

“ To get things done, we shouldn't have to click on Internet Explorer or Firefox and cross our fingers, hoping that it works. ”

Letter to the Editor: Statistics for EaglePAY

The following letter was written in response to the Staff Editorial published in the Nov. 5 issue of the *Bullet*:

Dear Editor:

Thank you for the recently published editorial on EaglePAY.

A great feature of EaglePAY is that the student may establish authorized payers; which allows the authorized user to view the bill, establish a payment plan or make one time payments.

Students, authorized payers and guest payers may make one-time payments using their checking and saving accounts through EaglePAY without incurring a fee. As of October 2009, five months after implementation of EaglePAY, \$ 6,898,367.52 was processed, 71 percent of payments made using the e-check processor and 29 percent were made using a credit card

Allyson P. Moerman is the assistant vice president for finance and controller for UMW.

History 101: Johnny H.

By Lauren Greider

Featuring:

Horatio Nelson, Elizabeth I, Guy Fawkes and Napoleon Bonaparte



E-mail your columns, editorials, and letters-the-Editor to
umwbulet@gmail.com

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The *Bullet* is published on Thursday afternoons during the fall and spring semesters. All decisions are made by the editorial board, independent of the *Bullet* adviser.

Letter and Editorial Policy

The *Bullet* is always eager to receive letters to the editor and guest columns, and every effort is made to print them.

Letters should be submitted the Monday before publication. Letters should be no longer than 300 words, and columns should not exceed 700 words.

We will not publish anonymous submissions. Letters must include a phone number and address for purposes of verification. They can be mailed to the *Bullet* at 1701 College Avenue, Fredericksburg, VA, 22401-4666, delivered to our office in Seacobeck Hall or sent to our e-mail at umwbulet@gmail.com.

Opinions expressed in columns or letters to the editor do not necessarily reflect the views of the staff. Contact the *Bullet* at 540-654-1133.

Viewpoints

Acing the GRE Requires More Luck Than Merit

On 7:30 a.m. on Tuesday, I paid \$150 for an ego slap. Along with the astronomical registration fee, the Graduate Record Examination also cost me three missed classes, two tanks of gas and my dignity.

I felt similarly discouraged four years ago after taking the SAT. As writer, I've never been one for standardized tests. I'm famously abominable at math; I still count on my fingers when trying to figure out how much to tip at a restaurant.

During the weeks before we took the SAT, my entire high school class was a collective nervous wreck, spending hundreds of dollars on test prep courses and chugging countless cans of Sugar Free Red Bull to stay awake.

We were told our performance on one test would determine our general success for the rest of our lives. When we finally received our scores, everyone bragged and whined and compared for about a week or two and then the subject got dropped once everyone got into college and started courting prom dates.

Looking back now, I can't even remember my SAT scores. I didn't get a 2400, and I turned out okay.

The GRE really threw me for a loop. I haven't taken a math class since first semester freshman year. I thought I had a decent vocabulary until I read the comprehensive list of "commonly tested words" in the \$30 Princeton Review study guide I

bought. Who knows what "piccadillo" means anyway? With a full load of classes and a weekly newspaper to put out, it was really hard for me not to have an apathetic approach to the exam. I'm applying to creative writing programs—do they really care if I know how to divide square roots?

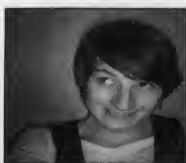
I managed to muster some effort the morning of the test, but for the math section, I ran out of time and hurriedly answered 'c' for the last six questions. Unlike the SAT, which has a nail-biting month-long wait before you hear your score, the GRE is computerized so you are informed of your math and verbal scores instantly. I ended up scoring higher on math than I did on any practice test. My math score was actually higher than my verbal score.

What?

I have no reason to complain; I scored above average on both sections. But I don't feel very proud of myself. Considering the little time I had to study, and my general aversion to multiple choice, I don't feel like I earned my scores. I really think I just got lucky.

Now that I've sent my results to prospective schools, I'm trying my best to put the exam out of my mind. I know in a few years, whether I'm in grad school, working a banal 9 to 5 or eating Betty Crocker bonbons in my parents' basement, my GRE percentiles will be the last thing on my mind.

I'm sure I'll forget my scores pretty soon—I'm really just not good with numbers.



Susannigans
By Susannah Clark,
Editor in Chief

“Who knows what ‘piccadillo’ means anyway?”

Obama's Youth Support in Peril?

BY MASON RAYNER
Guest Columnist

In the 2008 election that swept him into power, Barack Obama benefited greatly from the enthusiastic support of voters aged 18-29, carrying them with 66 percent of the vote according to the Pew Research Center. Although Obama's overall approval numbers have plummeted from the sky-high levels of his first months in office (stabilizing at roughly 50 percent in the RealClearPolitics average) his numbers among young voters have remained high in polling conducted by Gallup.

When one considers the policies being pushed for and enacted by the president, it becomes somewhat puzzling as to just why the youth of America still backs him so strongly.

Consider the health care reform proposals being pushed by the president. However the legislation turns out, it is almost certain that the young will be forced to foot much of the bill. Mandates for purchasing health insurance are aimed at young and healthy people who currently choose not to buy an insurance plan; a mandate will force these people to buy insurance or else pay a penalty to the government. Either way, it's hard not to see it as a tax increase on the young.

Or look at the massive increases in the national debt being piled on by Congress. On the campaign trail last year, Obama criticized George W. Bush for running large budget deficits that added significantly to the national debt. However, since taking office, he has been even more spendthrift than his predecessor, ranging from the \$787 stimulus bill which the White House's economic team declared would prevent unemployment from rising above 8 percent (the latest report from the Bureau of Labor Statistics measured it at 10.2 percent) to a \$3.6 trillion omnibus budget bill.

The Congressional Budget Office now predicts that the national debt-to-GDP ratio will rise to 80 percent by 2019. Again, young voters will pay for this profligacy, as payments on debt began to crowd out other government spending and force widespread tax increases.

So if President Obama is pursuing policies that shift considerable costs on to the young, why do they continue to support him so strongly? The answer lies with the Republican party. A majority of those born after 1980 subscribe to a live and let live philosophy—according to polls conducted by the *Los Angeles Times*, Gallup and the *New York Times/CBS News*, sub-30 voters support gay marriage, liberalization of drug laws and expanded immigration at consistently higher levels than older generations. Repelled by the seeming intolerance for alternate lifestyles that dominates social conservatism (and thus the GOP), they embraced Obama last year with open arms.

However, although Obama was able to capitalize on this socially liberal streak, he would be wise to remember that most young Americans are not dyed-in-the-wool leftists. Most are highly educated, and recall that one of the first things they learned in economics class was that free trade is good; the ambivalence of the president (and outright hostility among many in his party) towards trade will puzzle them.

Similarly, we also have enjoyed many of the fruits of capitalism, such as iPods, Facebook and other technological wonders, and know that markets can produce amazing things. Many of us were born after the fall of the Berlin Wall—we know government has an important place, but we also know where to draw the line.

Considering all this, it would seem to me that it is on this president's best interests, politically, to remember that freedom, the principle this country was founded on, remains something that many of his younger supporters believe in. If he pursues an agenda consistent with that principle, they will continue to support him.

However, if he veers far off to the left, and continues to insist that government is the answer to all of our problems, he may find that one block of the electorate he thought he could count on will no longer fully be there for him in 2012.

Muffin Making is Easy, Comforting

BY SARAH KELLY
Guest Columnist

The simple things in life, like muffins, are what truly count.

Change comes as quickly as the seasons pass. The autumn will soon turn to winter. Before long the morning ground will be covered with a glint of frost, the breeze felt in the air will become bitter with cold. We have only three weeks left in the semester, and we are counting down the days until the arrival of the much needed winter break.

We seek motivation to propel us through these arduous days with the promise of something better to come. We look forward to the excitement of the holiday season and our soon approaching summer plans; we imagine the paths our lives shall take in the forthcoming years. It is important to look toward all the possibilities the future has to offer us, but what is the sense in going through life wishing the days away?

We should appreciate every moment in our lives at the present. Every so often it is necessary to take a step back and evaluate our priorities, to question what is truly important in our lives. I have included a recipe for the classic American muffin, a quintessential representation of the humble comfort that baking can offer. Baking can be a reminder of how even the most seemingly nominal pursuit can bring us joy.

Sometimes just knowing that a homemade muffin is waiting for you as you run out the door can make all the difference on a dim morning, when you lack the motivation to make it to an 8 a.m. class. I made these Nutella chocolate chip muffins for a friend's birthday last week and they went down a treat with all.

These muffins, adapted from a recipe from "Martha Stewart Living," have golden crisp tops balanced by dense hazelnut chocolate centers. I was inspired to add Nutella into these muffins after a time I spent living in Holland, where every day started with a slice of whole-grain toast with some of this dreamy spread. Although this recipe calls for chocolate, an ingredient I am quite keen on, you can really add whatever you like into the batter, from blueberries to butterscotch chips.

Muffins are one of the most effortless things to make, requiring only a few moments of mixing and twenty minutes in the oven.

I hope that you can share these muffins with those you care about, and take the time to be thankful for the day to day endeavors that make up true happiness. To quote Emily Dickinson "To live is so startling, it leaves little time for anything else." The simple things in life, as in baking, are what truly matter.

Ingredients:

- 1 stick unsalted butter (1/2 cup)
- 2 cups all-purpose flour
- 1 ½ teaspoons baking powder
- 1 ¼ cups sugar
- 2 eggs
- 1/3 cups chocolate chips
- 1/3 cups Nutella (chocolate hazelnut spread)
- ½ cup milk

Directions:

Set the oven to 375 degrees. In a large mixing bowl add in the eggs, milk, sugar and butter at room temperature. Beat this mixture quickly for about one minute until well combined and free of lumps. I like to use an electric mixer for this step, but if you don't happen to have one, simply use force. Then add in the rest of the dry ingredients. Mix with a wooden spoon for about 30 seconds, the batter should still have a few lumps in it when you are done stirring. Stir in the chocolate chips, and then the Nutella so that it appears as a swirl in the batter, and not completely mixed in.

If you choose to add berries into the batter instead, a trick I have learned to coat them in a bit of flour before folding them in, this prevents the pieces from sinking to the bottom. Using a spoon or small ice cream scoop, pour the batter into individual paper holders in a cupcake or muffin tray.

This recipe makes twelve small cup-cake sized muffins, or six large ones. Place the muffins in the oven for approximately 20 minutes, or until the tops are golden brown in color. Let cool, or serve warm from the oven.



Gamertainment

best of the decade:

games that mattered

By BULLET GAMERS

Every so often, a game comes along that is so revolutionary that it makes other games look amateurish by comparison and changes how all future games are designed. After much deliberation, these are the 10 games we voted as the most important of the decade. If your favorite game just didn't make the list, prove us wrong at www.umwbullet.com.

1. "Half-Life 2"

Sure, it may seem like a run-of-the-mill first-person shooter to those who haven't played it, but those of us who have know better.

Immersion is a big buzz-word in the game industry these days, but there really is no other word to describe what "Half-Life 2" tries to do. From graffiti-covered walls to leftover weapons ammunition, there are an insane number of small but important clues to figuring out exactly what's going on behind the scenes.

Speaking of which, players may or may not ever see one of the most memorable parts of the game: a man in a blue suit and tie who is never named in the series, but is credited as "Gman." Somewhere in every level, you might catch a glimpse of Gman, on a TV monitor, on a bal cony, or through cracks in a fence. Much like the oppression from which humanity still suffers, his presence is always felt in the game's universe. -- Marshall Schulte

2. "Grand Theft Auto III"

"Grand Theft Auto III" is not just one of the most important games of the last decade, it's one of the most important games of all time.

It single-handedly started the open-world sandbox genre, letting the player go anywhere and do anything. If you wanted to jump a car onto a roof, have a shootout with the cops in the middle of downtown, or beat an old lady to death with a baseball bat, you could do it. It made all other linear games feel claustrophobic—it's gotten to the point now that it's a little jarring to even play a truly linear experience anymore. "Grand Theft Auto III" excelled at creating a city that felt alive and had near-infinite re-playability. It mixed together the best elements of different genres to create a game that, at the time, felt like the pinnacle of video game design and radically changed how all games after it were designed. --Tom Ella

3. "Halo: Combat Evolved"

Only a few titles in the history of videogames have single-handedly justified the purchase of a brand new console. When Nintendo splashed into the gaming industry in 1985 with the Nintendo Entertainment System, a small title known as "Super Mario Bros." came packaged inside the box. The title became one of the best selling videogames of all time, Mario became the face of gaming, and the rest is history.

Just as Mario contributed to the phenomenal success of Nintendo's console, "Halo: Combat

Evolved" did the same for the Xbox. The game was the number one reason (and arguably the only reason) to buy Microsoft's debut console.

Essentially, "Halo: Combat Evolved" did everything right, meshing great controls, smart, dynamic enemies and allies, superb graphics, and frantic game-play into one cohesive package, paving the way for every first person shooter that would later try to copy it. --Missak Artinian

4. "Braid"

Much like the original "Super Mario Bros.," "Braid" makes good use of the standard jump button, with an added twist: the player can go back in time to fix mistakes. Sure, many games have done this before, but "Braid" gives you no limit on how many times you could do this.

With these basic game-play principles in mind, the game is really a puzzle game.

However, I'd be committing a crime if I didn't talk about the plot element of the game. You play as a guy named Tim who is trying to

save his girl-

friend from

something

that is left

unclear. Be-

fore each

level, you

get philo-

sophical,

dream-like

things about

events in

Tim's life,

and the main

goal of the

game is to

get puzzle

pieces and

put them

together to

form a

good mem-

ory in Tim's

life about

his girl-

friend. Essen-

tially, the

game-play

elements

are intrin-

sically tied

to the plot

and overall

message of

the game

itself. If any-

one wants

to say that

games aren't

art, I'd point

them

towards

"Braid." --

Marshall Schulte

5. "The Legend of Zelda: Wind Waker"

"The Legend of Zelda: Wind Waker" has the sole honor of being the only Zelda game released on the Nintendo Gamecube.

The largest and most controversial aspect of "Wind Waker" was its graphical style. Unlike previous 3-D Zeldas, Wind Waker utilized a technique known as cell-shading.

This method results in a more cartoonish style, one that has greatly divided audiences. Many hated the more kid-friendly artistic direction, arguing that it actually took away from the ambience and tone of the game, while others saw it as a fresh take on the Zelda series. In any event, the cell-shaded style had a profound impact on the series, as it has spawned two direct sequels, (an extreme rarity in the Zelda canon) in "Phantom Hourglass" and "Spirit Tracks," and the "Toon Link" was even featured as a secret character in Nintendo's "Super Smash Bros. Brawl." --Bryant Matera

6. "Resident Evil 4"

Ever since the original "Resident Evil" scared every Playstation owner with flesh-hungry zombies and mutated dogs, the formula for the cherished survival-horror series ultimately remained

the same: fixed camera angles, limited ammo, and awkward controls. However, three sequels, one prequel, and a whole slew of spinoffs later, the series took a turn for the better with "Resident Evil 4."

Gone were the days of aimlessly walking into walls due to flawed controls. Gone were the days of getting lost behind a zombie who's in the way. Gone were the days of running out of ammo and, subsequently, any hope of survival.

"Resident Evil 4" is a game that has set the standard for every other action game that has followed. With great, moody environments, satisfying weapons, a great story, and epic boss battles, "Resident Evil 4" is by far one of the best experiences that the last generation of consoles had to offer. --Missak Artinian

7. "Elder Scrolls III: Morrowind"

I don't think I'm overstepping my boundaries when I say that "Elder Scrolls III: Morrowind" was a watershed moment for open-world RPGs.

At the time most RPGs were missing a sense of cohesion—the confidence in that you could take any piece of the game and have it represent the entirety of the product. From the most RPGs were missing a sense of cohesion—the confidence in that you could take any piece of the game and have it represent the entirety of the product.

From the beautiful orchestral score, to hundreds and hundreds of books written just for the game, to having the ability to enter each and every house in the world and chat with the neighbors, "Morrowind" was a fully realized world. The game was just oozing with all kinds of cool atmosphere that was compounded not only by the great soundtrack but by the unique "lived-in" art style while still staying true to the fantasy aesthetic.

All of these elements just came together to make a world that was not fragmented in its vision in the least, producing a game that didn't sacrifice content for a world that you can lose yourself in. "Morrowind" helped jump-start the open-world RPG by showing the industry that a fully realized 3-D world was indeed possible, with the effort to back it up. --Evan Fritz

8. "Metroid Prime"

No one thought it could be done.

When Nintendo outsourced the "Metroid" series to Retro Studios and announced that it would be a 3-D, first-person game, fans were skeptical at best but mostly outraged, thinking "Metroid" would become a standard shoot-em-up game and lose all of its atmosphere and deliberate pacing. They were wrong.

"Metroid Prime" was released to insane critical acclaim.

With atmosphere rivaling the "Half-Life" series and a focus on looking around your environment, this was and still is the truest 3-D adaptation of a retro game ever. It was one of the first first-person games to not focus on the shoot-

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was going

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get one

more up-

grade. --

Marshall Schulte

9. "Dead Space"

"Dead Space" took the foundation laid by "Resident Evil 4" and made everything leagues better, setting a new benchmark for all horror games.

While "RE4's" Leon Kennedy was fumbling around in his attaché case to make space for more items, "Dead Space's" Isaac Clarke had his suit project an impressive in-game display of items for easy management. While Kennedy was awkwardly running away from zombies because he was too uncoordinated to move and shoot at the same time, Clarke was strategically dismembering his predators.

"Dead Space" was scary because it had amazing sound design that knew exactly when to hit you with soft noises in the distance or blast you with bass to punctuate an intense moment. "Dead Space" was scary because even when you were safe, you never felt that way. --Tom Ella

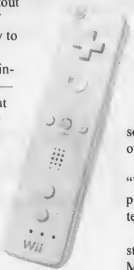
10. "Prince of Persia: Sands of Time"

"Prince of Persia: Sands of Time" is a model that every game developer should follow when adapting a 2-D game into 3-D. The original series on MS-DOS and Macintosh combined exploration, platforming, and puzzle to form one of the most challenging, yet satisfying experiences of the time.

Ubisoft brought back the elements that made the original so captivating, added a complex and compelling story, and successfully captured the look and feel of the Prince's universe in breathtaking 3-D graphics. Ubisoft also added some new mechanics to the game-play. Just as the title suggests, time is a major component in the game.

"Prince of Persia: Sands of Time" is a game that not only lives up to the original, but in many ways surpasses it by keeping many of the tried and true elements that fans adored and by adding new and innovative mechanics that positively add to the experience. --Missak Artinian

Foaming at the mouth? Happy to see your favorite game represented? Finished beating "Modern Warfare 2" and have nothing else left to do? Log on to umwbullet.com and give us a piece of your mind. Also, check back next week when we publish our list of the best albums released this decade.



images courtesy of geekalerts.com

Log on to umwbullet.com to check out writers' individual picks for games that didn't make the list.

Local Comics Thrive On Thrills of Stand-Up

By DAWN ROBEY
Staff Writer

Marquis Jeter, a stand-up comic from Richmond, Va., was surprised by the success of Comedy Night last Wednesday, Nov. 4 at Bailey's Pub and Grille in Fredericksburg.

"It was a good time with people willing to listen to comedy," Jeter said. "It's the World Series, but they're in there laughing."

Jeter preformed alongside other Virginia-based comics John Smith, Keith Irvin, and Alex Scott, who have preformed in clubs across the country. Adam Dodd, a local musical comedian who started his career in Fredericksburg, hosted the show.

The comics performed stand-up that included jokes ranging from one-liners to modern reference spoofs with interjections of Dodd's unique

musical humor between acts. Adam Dodd's musical comedy included a song about the mistake of a drunken night and a tribute to Jeff Irvin.

When asked why he chose improvisational comedy, Jeter said that "you stick to what you come to the stage with, but I'm not doing my job if I'm not bringing in the crowd."

The belly laughs brought on by Jeter's modern reference comedy, which included an ironically friendly joke relating to breast cancer awareness month, proved his mantra true.

"You've got to play into wherever you're at," Jeter said. "There's a difference between a bar room and a comedy club and it's not easy, but that's good improv."

The crowd was full of college students and young adults looking for laughs and inspiration, but, as Dodd pointed out, even with an eager

crowd, comedy is difficult.

"Going through the open mics, the no-laughs, the three people in the audience and the hecklers, it's tough," Dodd said.

Both Jeter and Dodd can be found on Facebook and encourage anyone looking for laughs to attend one of their shows. Dodd performs at many downtown venues and will be at Smokey Bones Barbeque and Grill on Nov. 20. Join in and enjoy the laughs because as Dodd pointed out, "if you can find humor in anything the world is a better place."

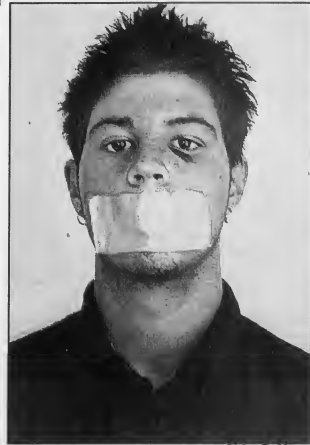


image courtesy of Adam Dodd

Fredericksburg comedian Adam Dodd hosted a comedy show last Wednesday, Nov. 4 at Bailey's Pub and Grille.

Entertainment

Mr. Bushnell Crowned Mr. UMW

By PAULINA KOSTUROS
Staff Writer

Representing every corner of the campus, 18 men strutted their stuff this past Thursday, Nov. 5, in the annual Mr. UMW Pageant, hosted by the Association of Residence Halls. This year's pageant was packed with surprises, including dancing men, a Speedo-wearing saxophone player and a surprise appearance by last year's Mr. UMW, sophomore Anders Coe.

A panel of judges, comprised of Coe, Dean Rucker, SGA President Sam Miller and Assistant Director of Student Activities Steven Thomas, critiqued the pageant. Contestants astounded the crowd with their raging style during the formal and sportswear portions of the competition and put their abilities to the test in desperate pursuit of the coveted Mr. UMW crown.

The men first appeared on stage escorted by the woman of their choice. Most contestants chose female friends as dates while freshman Stuart Smith (Mr. Mason) opted for a cut-out poster of Megan Fox. After appearing on stage, competitors performed a riveting group dance wearing dresses and spandex. Sophomore Chris Minor (Mr. Madison) especially enjoyed wearing a dress.



Mr. UMW contestants lift sophomore Chris Vellucci (Mr. Bushnell) after he was crowned this year's Mr. UMW.

"I felt like a cheap prostitute," Minor said. In addition to the spastic group dance, the

young hopefuls also participated in a talent and sportswear runway show. A crowd favorite, the

sportswear section enabled the contestants to exhibit their favorite physical activity while stripping down to the bare essentials. Most notably, sophomore Chris Vellucci (Mr. Bushnell) graced the stage wearing nothing but a makeshift loin-cloth made of frisbees.

The pageant contained a multitude of talent as well. Freshman Andrew Garofolo (Mr. Custis) entertained the crowd with his brilliant tap dancing, and junior Kevin Abalos (Mr. Framar) appeared on stage wearing a Snuggie and mushroom cap while attempting to recite poetry. Other notable highlights included Smith's heart-felt reenactment of the death scene in "Titanic," and freshman Adam Hunter's (Mr. Jefferson) riveting ukulele performance from "The Jungle Book."

After a brutal elimination round, the judges chose Smith (Mr. Mason), Garofolo (Mr. Custis), and Vellucci (Mr. Bushnell) as the three finalists. As a part of the final round of judging, the three finalists answered a series of questions dealing with issues ranging from Disney Princesses to "man crushes."

After a very difficult decision, judges dubbed Vellucci the new Mr. UMW. Vellucci delivered his acceptance speech with great enthusiasm and fancy hand waving.

Bhangra Fever

By FEZ CASIM
Staff Writer

Schools from all over the state will be competing at UMW this Saturday, Nov. 14, when Bhangra Beat, a collegiate dance competition, kicks off in the Great Hall at 9 p.m.

Excitement is expected to be high for the event as there is a strong rivalry between George Mason, Virginia Tech and William & Mary, who are all scheduled to attend. As a special treat this year, the University of Maryland's fusion dance team, the UMD Dhoom, will also perform.

After the competition, there will be a DJ

dance party, and the dance floor will be open for anyone who wants the chance to learn new bhangra moves from the dance teams themselves.

Bhangra is a traditional Punjabi dance that originated in the Punjab region of India and Pakistan. For the past several years, bhangra dance has become very popular in western societies as an exercise technique that requires high-energy levels.

Bhangra Beat is hosted by the International Living Community, Framar House with partnership of Eagle Bhangra, and Asian Student Association.



Members of William and Mary's Bhangra Dance Team perform at last year's Bhangra Beat.



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- The Theatre department presents "Reefer Madness" at 7:30 p.m. in Studio 115 in the basement of duPont Hall. Admission is free but show up early for a seat. (see inset for story.)

Friday, November 13

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Reefer Madness The "Hit" Musical

By DAVID GALLAGHER
Staff Writer

The UMW Theatre Department will show their third and penultimate production, "Reefer Madness," over the next two weeks in the department's black-box theater in the basement of duPont Hall.

According to the department press release, "Reefer Madness," a musical by Dan Studney and Kevin Murphy, is the story of Jimmy Harper and Mary Lane, a teenage couple who succumb to the evils of marijuana in the 1930s. Jimmy and Mary's wholesome values are corrupted when they take their first puffs of the drug, and the two are thrown into a world of sin, jeopardy and depravity. American values are questioned in this political satire.

"Reefer Madness" is being directed by Jon K. Reynolds, assistant to the Department Chair Gregg Stull, and a recent UMW alumnus. Reynolds has high hopes for the university's reception of the musical. "The tone of the musical is adult humor and I believe that on a college campus, it is a perfect piece for students," Reynolds said. "I think that people will take away an understanding of how far we have come as a society and how scare tactics aren't as useful as they were once thought to be."

With a cast of 14 members, as well as a four-person band, this is the biggest performance in Studio 115 yet this year. Also, unlike some previous shows this year, "a large portion of the cast is new to the [department], and some new to UMW," said Reynolds. "All of them are also very open to trying new things, and that was very important to the musical."

Studio 115 has a small capacity and will sell out quickly. Admission is free, but show up early to get a seat. See *Bullet Points* for times.

Saturday, November 14

- Nine-piece, UMW-based musical behemoth, the Like Whatever's, play their brass-adorned folk jams at 8 p.m. in the Underground with Astronomers.
- UMW dance competition Bhangra Beat kicks off in the Great Hall at 9 p.m. (see story above.)
- The Green Boys play a folksy brand of Americana at Sammy T's at 10 p.m. Cover is \$5.
- The Theatre department presents "Reefer Madness" at 7:30 p.m. and midnight in Studio 115 in the basement of duPont Hall. Admission is free but show up early for a seat. (see inset for story.)

Sunday, November 15

- NFL Football on the big screen in the Underground all day long.
- The Theatre department presents "Reefer Madness" at 7:30 p.m. in Studio 115 in the basement of duPont Hall. Admission is free but show up early for a seat. (see inset for story.)

Monday, November 16

- The Human Rights Film Festival screens "My Neighbor, My Killer" in Lee Hall 411A from 6 – 7 p.m.
- Bingo Night in the Underground at 8 p.m.

Tuesday, November 17

- The Human Rights Film Festival screens "Afghan Star" in Lee Hall 411A from 6 – 7 p.m.
- UMW-based band Erin and Sarah, Sarah and Erin play their quirky folk in the Underground at 9 p.m. following performer Heath McNease at 8 p.m.

Wednesday, November 18

- The Human Rights Film Festival screens "Look Into My Eyes" in Lee Hall 411A from 6 – 7 p.m.
- Inter-varsity Christian Fellowship screens "At the End of Slavery," a film about modern human trafficking, at 7 p.m. in Jepson 100.

Features



Photos by Paul Tindall

(Left) 'Tin Chef' Steven Thomas, assistant director of student activities and community service, hard at work during the competition. (Right) Thomas' prize-winning burger.

Knives Clash in the Underground

The Tin Chef Competition, which is UMW's version of the popular TV show 'The Iron Chef' produced its third 'Tin Chef' on Wednesday night at the Underground.

By SARA MARRON
Staff Writer

On Nov. 4 at the Underground the Tin Chef competition was held for the third time. Modeled after the popular show "Iron Chef" on the food network, Mary Washington's version of this cooking challenge featured a special guest, Dean Rucker, Vice President for Student Affairs and Dean of Student Life, along with sophomore Meghan Graham, Chris Porter, director of residence life, and Steven Thomas, assistant director of student activities and community service.

Tin Chef is a cooking contest that challenges contestants to create meals with the use of only a microwave and

a George Foreman grill. As an added twist, a "secret ingredient" must be incorporated into the prepared dish. This week, the secret ingredient was liquid cheese.

"We give all our contestants an hour to cook," Karmele Jones said. Jones was the host for the evening, encouraging dialogue by incorporating the audience and interviewing the contestants while they cooked.

Porter prepared gourmet nachos, Thomas and Graham made burgers, and Rucker made salmon hors d'oeuvres. When asked how he was planning to cook, Thomas responded, "I'm making a much better burger than Meghan."

The contestants cooked on four adjacent tables arranged on the stage of

the Underground, laden with ingredients such as meats, sauces and salts. The secret ingredient posed a challenge for Rucker, who mentioned several times, "I don't cook by the way."

"Has anyone ever seen the movie 'The Blob'? That's what this is!"

Rucker said of the secret ingredient. After an entertaining hour filled with joking from the audience and the contestants, an employee of UMW dining services and a staff member of the Underground Planning Committee judged the dishes through a taste test.

First place went to Thomas, with Rucker and Porter finishing second and third, respectively. Since it was Dean Rucker's birthday, two cakes were brought out at the end of judging and served to audience members and

contestants alike.

Seven birthday cards signed by UMW students were also presented to Rucker at the end of the competition. Contributing to the friendly atmosphere of the evening, Rucker thanked all those present.

"This is heartening, you guys are really special. I love you guys," Rucker said.

Students are invited to sign up and participate in the next Tin Chef competition, which also offers a prize of \$100 on EagleOne for first place winners.

"I participated because I like to cook and watch the Food Network a lot, plus you can win money!" Graham said.

Sophomore Melanie Johnson and

Senior Lauren Bates came to scope out the competition and plan to sign up for future Tin Chef competitions.

"It's something interesting and I think I would like to do it," Johnson said. "I wanted to see what my competition would be."

"We're going to team up for the next one," Bates said.

The competition came to an end as everyone enjoyed cake and the judges enjoyed their various Tin Chef creations. Wielding the microphone above a crowd of smiling faces, Jones encouraged support for Tin Chef.

"It will happen again soon. Come prepared, you might win!" he said.

Farmers' Markets Gain Popularity

Farmers' markets, like the one on Prince Edward Street in downtown Fredericksburg on Saturdays are providing a new source of affordable fresh food to the masses.

By KATELYN HILL
Staff Writer

On Saturdays, a range of 15 to 25 displays line the right side of the 900 block of Prince Edward Street in an upside down L shape.

The block is the host of one of 5,274 farmer's markets across the nation, according to United States Department of Agriculture statistics, and features a variety of produce, including broccoli, apples, green beans, eggplant, pumpkin, field-grown tomatoes, summer and winter squash and cauliflower.

A small tent, which customers can walk under as they survey the available produce, covers each stand.

This is a small corner in Fredericksburg, yet it is a part of a developing global phenomenon.

More than ever, customers are seeking out locally grown produce to stock their pantries.

According to the National Sustainable Agriculture Information Service, farmer's markets can charge lower prices than supermarkets because they do not have to deal with costly packaging and shipping.

In a study conducted at Seattle University, on Capitol Hill, prices from local farmers' markets were cheaper

by the pound during peak seasons than at local supermarket. On average, the quality was better nine out of 10 times.

The quality of the produce available on Prince Edward Street is not lost on the student demographic in the area.

"The samples are delicious, and the produce always looks great, it's the perfect place to pick something up to cook for your girlfriend," junior Kris Ratliff said. "Not to mention I've always found it cheaper than Giant and it's just as close to campus."

The produce sold at farmers' markets is typically fresher than supermarket produce because vendors usually do not travel more than 50 miles away from where the produce was harvested, according to the Farmers Market Coalition.

This means that the produce hasn't been shipped across state lines in large trucks and sat in coolers to get to its destination.

Other products available to buy at the Fredericksburg Farmers' Market include honey, freshly made jams, flowers, cutting boards and kitchen utensils.

"The food is comparable if not better than the supermarket; it is definitely fresher," said Tracy DeBernard, one of two owners of C and T pro-

duce, the group that runs the downtown market.

According to C and T produce's website, Craig DeBernard, the other half of C and T produce, grew up farming and learning about vegetables.

Consumers with questions about what is in their food and where and how it is grown can speak with different vendors, such as the owners of C and T produce, to learn more about it. Buyers can also ask questions about the best way to cook the produce and get a variety of different recipes to try.

According to the Agricultural Marketing Service, farmers' markets help to promote nutrition and healthy eating education. They also help to boost the nation's economy since the food at the farmers market is mostly locally grown.

The Fredericksburg farmers' market is open six days a week through Thanksgiving from 7 a.m. to 2 p.m.

After Thanksgiving, the farmers market is open on days when the weather permits. It does not open when it rains or snows.

Additional markets are located in Stafford and Spotsylvania. More information is available on the C and T Produce website at <http://candtproduce.com>.



Photos by Charlotte Sandy

Entertainment

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By PAULINA KOSTUROS
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- Cheap Seats screens "District 9" in Combs 139 at 10 p.m. (Check the archives at umwbullet.com for the *Bullet's* review.)
- Come learn about Asian culture with dancing, food and games at Taste of Asia in the Great Hall at 7 p.m. Admission is \$3 for non-students and \$1 for UMW students or one can of food. (Log on to umwbullet.com for a preview of the event.)
- The Theatre department presents "Reefer Madness" at 7:30 p.m. in Studio 115 in the basement of duPont Hall. Admission is free but show up early for a seat. (see inset for story.)

Reefer Madness The "Hit" Musical

By DAVID GALLAGHER
Staff Writer

The UMW Theatre Department will show their third and penultimate production, "Reefer Madness," over the next two weeks in the department's black-box theater in the basement of duPont Hall.

According to the department press release, "Reefer Madness," a musical by Dan Studney and Kevin Murphy, is the story of Jimmy Harper and Mary Lane, a teenage couple who succumb to the evils of marijuana in the 1930s. Jimmy and Mary's wholesome values are corrupted when they take their first puffs of the drug, and the two are thrown into a world of sin, jeopardy and depravity. American values are questioned in this political satire.

"Reefer Madness" is being directed by Jon K. Reynolds, assistant to the Department Chair Gregg Stull, and a recent UMW alumnus. Reynolds has high hopes for the university's reception of the musical. "The tone of the musical is adult humor and I believe that on a college campus, it is a perfect piece for students," Reynolds said. "I think that people will take away an understanding of how far we have come as a society and how scare tactics aren't as useful as they were once thought to be."

With a cast of 14 members, as well as a four-person band, this is the biggest performance in Studio 115 yet this year. Also, unlike some previous shows this year, "a large portion of the cast is new to the [department], and some new to UMW," said Reynolds. "All of them are also very open to trying new things, and that was very important to the musical."

Studio 115 has a small capacity and will sell out quickly. Admission is free, but show up early to get a seat. See *Bullet Points* for times.

Saturday, November 14

- Nine-piece, UMW-based musical behemoth, the Like Whatever's, play their brass-adorned folk jams at 8 p.m. in the Underground with Astronomers.
- UMW dance competition Bhangra Beat kicks off in the Great Hall at 9 p.m. (see story above.)
- The Green Boys play a folksy brand of Americana at Sammy T's at 10 p.m. Cover is \$5.
- The Theatre department presents "Reefer Madness" at 7:30 p.m. and midnight in Studio 115 in the basement of duPont Hall. Admission is free but show up early for a seat. (see inset for story.)

Sunday, November 15

- NFL Football on the big screen in the Underground all day long.
- The Theatre department presents "Reefer Madness" at 7:30 p.m. in Studio 115 in the basement of duPont Hall. Admission is free but show up early for a seat. (see inset for story.)

Monday, November 16

- The Human Rights Film Festival screens "My Neighbor, My Killer" in Lee Hall 411A from 6 - 7 p.m.
- Bingo Night in the Underground at 8 p.m.

Tuesday, November 17

- The Human Rights Film Festival screens "Afghan Star" in Lee Hall 411A from 6 - 7 p.m.
- UMW-based band Erin and Sarah, Sarah and Erin play their quirky folk in the Underground at 9 p.m. following performer Heath McNease at 8 p.m.

Wednesday, November 18

- The Human Rights Film Festival screens "Look Into My Eyes" in Lee Hall 411A from 6 - 7 p.m.
- Inter-varsity Christian Fellowship screens "At the End of Slavery," a film about modern human trafficking, at 7 p.m. in Jepson 100.

Features



Photos by Paul Tindall

(Left) 'Tin Chef' Steven Thomas, assistant director of student activities and community service, hard at work during the competition. (Right) Thomas' prize-winning burger.

Knives Clash in the Underground

The Tin Chef Competition, which is UMW's version of the popular TV show 'The Iron Chef' produced its third 'Tin Chef' on Wednesday night at the Underground.

By SARA MARRON
Staff Writer

On Nov. 4 at the Underground the Tin Chef competition was held for the third time. Modeled after the popular show "Iron Chef" on the food network, Mary Washington's version of this cooking challenge featured a special guest, Dean Rucker, Vice President for Student Affairs and Dean of Student Life, along with sophomore Meghan Graham, Chris Porter, director of residence life, and Steven Thomas, assistant director of student activities and community service.

Tin Chef is a cooking contest that challenges contestants to create meals with the use of only a microwave and

a George Foreman grill. As an added twist, a "secret ingredient" must be incorporated into the prepared dish. This week, the secret ingredient was liquid cheese.

"We give all our contestants an hour to cook," Karnele Jones said. Jones was the host for the evening, encouraging dialogue by incorporating the audience and interviewing the contestants while they cooked.

Porter prepared gourmet nachos, Thomas and Graham made burgers, and Rucker made salmon hors d'oeuvres. When asked how he was planning to cook, Thomas responded, "I'm making a much better burger than Meghan."

The contestants cooked on four adjacent tables arranged on the stage of

the Underground, laden with ingredients such as meats, sauces and salts. The secret ingredient posed a challenge for Rucker, who mentioned several times, "I don't cook by the way."

"Has anyone ever seen the movie 'The Blob'? That's what this is!"

Rucker said of the secret ingredient. After an entertaining hour filled with joking from the audience and the contestants, an employee of UMW dining services and a staff member of the Underground Planning Committee judged the dishes through a taste test.

First place went to Thomas, with Rucker and Porter finishing second and third, respectively. Since it was Dean Rucker's birthday, two cakes were brought out at the end of judging and served to audience members and

contestants alike.

Seven birthday cards signed by UMW students were also presented to Rucker at the end of the competition. Contributing to the friendly atmosphere of the evening, Rucker thanked all those present.

"This is heartening, you guys are really special. I love you guys," Rucker said.

Students are invited to sign up and participate in the next Tin Chef competition, which also offers a prize of \$100 on EagleOne for first place winners.

"I participated because I like to cook and watch the Food Network a lot, plus you can win money!" Graham said.

Sophomore Melame Johnson and

Senior Lauren Bates came to scope out the competition and plan to sign up for future Tin Chef competitions.

"It's something interesting and I think I would like to do it," Johnson said. "I wanted to see what my competition would be."

"We're going to team up for the next one," Bates said.

The competition came to an end as everyone enjoyed cake and the judges enjoyed their various Tin Chef creations. Wielding the microphone above a crowd of smiling faces, Jones encouraged support for Tin Chef.

"It will happen again soon. Come prepared, you might win!" he said.

Farmers' Markets Gain Popularity

Farmers' markets, like the one on Prince Edward Street in downtown Fredericksburg on Saturdays are providing a new source of affordable fresh food to the masses.

By KATELYN HILL
Staff Writer

On Saturdays, a range of 15 to 25 displays line the right side of the 900 block of Prince Edward Street in an upside down L shape.

The block is the host of one of 5,274 farmer's markets across the nation, according to United States Department of Agriculture statistics, and features a variety of produce, including broccoli, apples, green beans, eggplant, pumpkin, field-grown tomatoes, summer and winter squash and cauliflower.

A small tent, which customers can walk under as they survey the available produce, covers each stand.

This is a small corner in Fredericksburg, yet it is a part of a developing global phenomenon.

More than ever, customers are seeking out locally grown produce to stock their pantries.

According to the National Sustainable Agriculture Information Service, farmer's markets can charge lower prices than supermarkets because they do not have to deal with costly packaging and shipping.

In a study conducted at Seattle University, on Capitol Hill, prices from local farmers' markets were cheaper

by the pound during peak seasons than at local supermarket. On average, the quality was better nine out of 10 times.

The quality of the produce available on Prince Edward Street is not lost on the student demographic in the area.

"The samples are delicious, and the produce always looks great, it's the perfect place to pick something up to cook for your girlfriend," junior Kris Ratliff said. "Not to mention I've always found it cheaper than Giant and it's just as close to campus."

The produce sold at farmers' markets is typically fresher than supermarket produce because vendors usually do not travel more than 50 miles away from where the produce was harvested, according to the Farmers Market Coalition.

This means that the produce hasn't been shipped across state lines in large trucks and sat in coolers to get to its destination.

Other products available to buy at the Fredericksburg Farmers' Market include honey, freshly made jams, flowers, cutting boards and kitchen utensils.

"The food is comparable if not better than the supermarket; it is definitely fresher," said Tracy DeBernard, one of two owners of C and T pro-

duce, the group that runs the downtown market.

According to C and T produce's website, Craig DeBernard, the other half of C and T produce, grew up farming and learning about vegetables.

Consumers with questions about what is in their food and where and how it is grown can speak with different vendors, such as the owners of C and T produce, to learn more about it.

Buyers can also ask questions about the best way to cook the produce and get a variety of different recipes to try.

According to the Agricultural Marketing Service, farmers' markets help to promote nutrition and healthy eating education. They also help to boost the nation's economy since the food at the farmers market is mostly locally grown.

The Fredericksburg farmers' market is open six days a week through Thanksgiving from 7 a.m. to 2 p.m. After Thanksgiving, the farmers market is open on days when the weather permits. It does not open when it rains or snows.

Additional markets are located in Stafford and Spotsylvania. More information is available on the C and T Produce website at

<http://candtproduce.com>.



Photos by Charlotte Sanday

Features

Phone Banking for Healthcare



Photo courtesy of Beverly Scholnick

Students gather on campus to voice their opinions on healthcare reform via the phone bank started by the Mary Washington chapter of the Virginia Organizing Project, which is a social work organization.

By SARAH DENBY
Staff Writer

As most people know, change arises out of dedication and hard work. With this in mind, the members of the UMW chapter of the Virginia Organizing Project have been following these guidelines, along with the rest of the Organization, making strides towards health care reform in the state of Virginia.

The UMW chapter is brand new to the Mary Washington campus this semester. The Virginia Organizing Project is a statewide organization that focuses on a variety of issues. According to their website, the VOP is "committed to challenging injustice by empowering people in local communities to address issues that affect the quality of their lives."

The Virginia Organizing Project was founded in 1995 and since then, has been reaching out and involving individuals who have never worked toward change to better their society, as well as uniting different social groups together to initiate change.

But junior Ashley Border, 20, vice president of the chapter, wouldn't call this a club.

"It's more of an outreach thing instead of a club," Border stated.

Junior Natalie Grossman, founder and the president of the UMW Chapter of the VOP became interested in the VOP along with their mission and goals after taking a psychology class last semester that focused on previous social movements throughout history.

"One of the organizers from the VOP, Kevin Simowitz, came in once a week to talk to our class," Grossman stated.

After that, Grossman interned with the VOP this past summer for 10 weeks in Fredericksburg. As part of the internship, Grossman went door-to-door five days a week canvassing for health care reform.

"Seven to eight of the hours were spent canvassing. Our main issue was health care, as well as finding out other issues or concerns that people had as well," Grossman reflected.

After spending her summer with the VOP, Grossman shared her interest to Border, who is now vice president of the chapter.

Border states "Natalie was talking about it a lot, so I took interest in it, and it gave me something to do and helped me stay in tune to what was going on politically."

The Chapter, as well as the rest of the VOP has mainly been focusing on health care reform. If passed, the reform would provide affordable and accessible healthcare to residents in Virginia.

To reach this goal, the UMW chapter has been canvassing and holding phone banks throughout the semester in which they have called households asking individuals to call Sen. Mark Warner, asking him to support health care reform in the Senate.

Along with canvassing and phone banking, the UMW Chapter of the VOP has also had tables on campus walk and in the Nest as well throughout the month of October.

On Oct. 20th, the Chapter held a table on campus walk for Healthcare for America Now National Call-In Day, where they asked people on the spot to call Sen. Warner, asking him to support a public health insurance option. On Oct. 27, the Chapter held something similar to this and had a "Halloween Healthcare Reform" table outside the nest with candy and a fake "blood" drink that people would receive if they called Senator Warner asking him to support health care reform, on the spot.

On Oct. 28, the chapter tie-dyed T-

shirts on the front lawn of Randolph Hall. Junior Elena South helped organize both the Halloween table and the tie-dyeing event.

"It was impromptu, we got a bunch of people to come out and asked them to call Senator Warner. We talked about health care reform," South stated.

South became involved with the UMW Chapter of the VOP by attending a few meetings and helping out at the phone bank after listening to Grossman and Border talk about it. During the tie-dyeing event, South was impressed with the amount of people who came up and talked to the Chapter.

"A lot of people come up and talk to you, and even if they are opposed, it's really interesting."

With canvassing, phone banking, and having tables at the nest and on campus walk numerous times, Grossman has definitely noticed a change through the efforts of the UMW chapter, and the VOP as a whole.

"There was a change in the number of people calling senator Warner. There is definitely progress you can see," Grossman stated.

When compared to other schools that have chapters with VOP, Border

stated that Mary Washington's chapter is the largest she has seen.

Border stated, "Yeah there's a small group of people [in the chapter], but other schools have like 2 or 3 people."

The Mary Washington chapter of the VOP has also been trying to work with other clubs on campus as well. So far, they have had two movie nights with the Young Democrats and have met with Organizing for America as well.

Other recent issues that the UMW chapter as well as the VOP has been focusing on are predatory lending and the environment.

When asked about the result of the work that the chapter has done so far, Grossman is very pleased as well as South is with chapters overall efforts. "Maybe actually we are making a difference. It's actually gratifying," South stated.

The Mary Washington Chapter of the VOP generally meets Thursday nights, from 9-10 p.m. in Trinkle B52, but the time is subject to change. If you would like more information about this club, or would like to help out and join, email Grossman at

Parm Crisps: A One Ingredient Gourmet Snack

Dorm Dining

With Beverly Scholnick

Ingredients:

Shredded Parmesan Cheese

Serving Size: 4 Crisps

Average Price Per Serving: \$1

Directions:

1. Preheat oven to 300°.
2. Cover a baking pan in a sheet of tin foil. Spread cheese into 2-3 inch circles on the foil, using 1 tbs of cheese for each.
3. Bake in the oven for 20 minutes, or until golden brown.
4. Remove from the oven and allow to cool. Then peel the crisps off the tin foil
5. Top with fruit, meats, or other cheeses if desired and serve.



Photo courtesy of Beverly Scholnick

One-ingredient parm crisps are the perfect after-class snack.

Outside the Fence



By **HEATHER BRADY**
Staff Writer

Regional

Rodney Quinn, 19, has been charged in the city in connection with the armed robbery yesterday at the Floor Shop at 2103 Jefferson Davis Highway. The City of Fredericksburg police said that he was taken into custody Monday night after leading them on a three-hour pursuit through woods and water. He was apprehended near the Dunkin' Donuts on Salem Church Road in Spotsylvania shortly after 5 p.m. According to Police Spokeswoman Natatia Bledsoe, the man used to live in the Townsend Square apartment complex, in the same area of the city robberies. Quinn has also been charged in last Friday's armed robbery at the Dunning Mills Inn, and has been charged with two counts of using a firearm in the commission of a felony. Quinn is also suspected in four recent robberies in Spotsylvania. (The *Free Lance-Star*, Nov. 10; www.fredericksburg.com)

National

John Allen Muhammad, the sniper who kept the Washington region paralyzed by fear for three weeks as he and a young accomplice gunned down people at random, was executed Tuesday night by lethal injection. He died in Virginia's death chamber while relatives of his victims looked on. He and Jamaican immigrant Lee Boyd Malvo, who was 17 at the time, killed 10 people in the Washington area in October 2002. They have also been linked to shootings in several other states. (The *Washington Post*, Nov. 11; www.washingtonpost.com)

Global

A U.S. military dive team has discovered the submerged body of one of two missing American soldiers in a river in the Baghdis province of western Afghanistan. Both soldiers went missing last week. The body has not been identified, and the second soldier has not been found. Both soldiers were paratroopers from the 4th Brigade Combat Team of the 82nd Airborne Division. They went missing while their unit was searching the river in an effort to recover airdropped supplies. (The *Washington Post*, Nov. 11; www.washingtonpost.com)

Student Jobs Eliminated Due To Budget Cuts

JOBS, page 1

for another job if the desk aide position is cut.

"I am a senior, and I was not planning on working during the spring semester anyways," Ratti said.

Ratti sympathizes, however, with other students who would lose their jobs.

"I think that it is unfortunate that the desk aide program might be discontinued," Ratti said. "I do, however, understand that budget cuts will mean lots of

changes across this campus. It's just too bad that this change involves student employment."

Senior Ashley Jacoby, a desk aide for Mason Hall, is disappointed that the desk aide positions might be cut because she uses her earnings for extra spending money.

"I don't know what I'm going to do next semester," Jacoby said. "I might look and see if there are any on-campus job openings, but I already have a job off campus, so I might just increase those hours."

Clubs, Sports Teams Collect Canned Food

DONATE, page 2

collecting before [Thursday], but other people such as clubs, sports teams and residence halls can collect food ahead of time and donate it [on Thursday]," Benedict said.

All this week, canned food has been for sale at the Nest for students to purchase.

As an incentive for student organizations to collect non-perishable items, UMW Dining Services offered a pizza party as a reward for the sports team, student club or residence hall that collected and donated the most food.

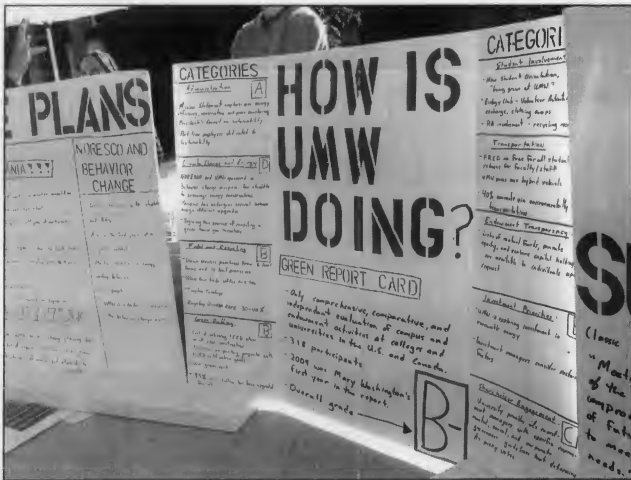
"This year we currently have about 15 student groups and dorms participating in before and collections," Benedict said. In order for the collection to be counted toward Sodexo's Guinness World Record for the largest 24-hour food drive in multiple locations by a non-charitable organization, two witnesses must be present at the weigh-in site every hour. These witnesses will weigh the food as it is dropped off as well as make sure food items are not past their expiration dates. Food donated past its expiration date cannot be counted, according to Benedict.



Courtesy of Rose Benedict

The cans that the UMW baseball team collected last year.

"We're hoping to make the drive a bigger deal in the future," Benedict said. "We want to make students more familiar with the drive."



Courtesy of Justine Rothbart

At Sustainability Day, there was a table for self-sustaining plants. Seeds, dirt and water were placed in soda bottles, creating an environment where the seeds do not need to be watered because moisture is trapped inside. There was also a student clothing swap, and the remaining clothes after it was over were donated to Goodwill.

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Courtesy of digitaldrops.com

Send them to umwbulet@gmail.com, and you might see them appear in an upcoming Bulletin edition!

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Outside The Washington Diner

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Curb-side donation drop-offs by FRED bus stop!

For more information contact Rose Benedict at
rbenedic@umw.edu, or call (540) 654-1928

UPCOMING EVENTS

Saturday, November 14: DISCOVERY DAY!

Thursday, November 19 ANNUAL THANKSGIVING BUFFETS

For Faculty and Staff

Lunch in the Faculty & Staff Dining Room
11:30 AM - 1:30 PM

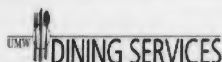
For Students

Dinner in All Dining Rooms at Seacobeck
4 PM - 8 PM

Get To Know Us!

Meet Leslie Jacobs, Catering Sales Specialist

Leslie Jacobs is a very familiar face to most members of our UMW community, having been a member of our Campus Dining team for nearly 10 years! For those of you who may be new to UMW, Leslie is the point of contact for all student catering, including "No Frills" pick-up orders, served receptions, and outdoor barbecues. Leslie also coordinates catering services for university, corporate, organization, and private events held in The Dining Room at Seacobeck (better known as the Faculty and Staff Dining Room) and other campus locations. Whether you are planning a business meeting, a wine and cheese party, buffet luncheon, or elegant wedding reception, Leslie will help make your event perfect! Just give her a call at (540) 654-1930.



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Sports



Fantasy Football Corner



Courtesy of flickr.com/photos/Keith Allison

Chargers QB Phillip Rivers has a tough matchup this week that could slow his great season.

By ZACH MORETTI Start Em:
Sports Editor QB- Joe Flacco

(Ravens): Baltimore's second year QB ranks just 14th at his position for fantasy purposes and he is coming off his worst game of the season in which he threw for just 195 yards and had his first game without a TD pass. But there is hope for Flacco owners as Baltimore travels to Cleveland this week to take on the Browns and they're 22nd ranked pass defense. If that weren't reason enough to start the former Delaware Blue Hen, there is the recent history to look at, as Flacco threw for 342 yards with a TD in his earlier meeting with the Browns this season. *SNIFF* *SNIFF* I smell a bounce back week.

RB- Thomas Jones (Jets): Very quietly Jones has rushed for the eighth most yards in the NFL

and he hasn't gotten the respect he deserves. He has put up double digit fantasy points in six of his eight games this year and he has reached that mark in each of his past five games. Look for Jones to keep his hot streak going this week against the Jaguars and their 22nd ranked run defense.

RB- Pierre Thomas (Saints)

WR- DeSean Jackson (Eagles): The explosive second year WR out of Cal was silenced by a great performance by the Dallas Cowboys secondary in Week 9 as he was held to just two catches for 29 yards. However don't let this flop scare you away from starting Action Jackson, as the speedy wide-out still has six 50+ yard TDs this season (four receiving, one rushing, one punt return) and he is simply a big play waiting to happen. The Chargers defense is very stout against the pass (fifth in the league) but on any touch Jackson could go the distance and the Giants WR Steve Smith did just fine against them last week.

WR- Percy Harvin (Vikings)

TE- Kellen Winslow (Buccaneers)

K- David Akers (Eagles)

DEF- Minnesota Vikings

Sit Em:

QB- Phillip Rivers (Chargers): This is a great week for fantasy QBs as it seems that no one really has a scary matchup. The exception would probably be San Diego's star QB as the Chargers will face an Eagles defense that ranks a solid 11th against the pass. However the big reason to fear the Philly D is the pressure that they put on opposing QBs as they are second in the league with 27 sacks and are also second in interceptions with 15. Rivers isn't a terrible play if you decide to go his way, but there are 10-12 guys who are better start material.

RB- Ryan Grant (Packers)

RB- Rashard Mendenhall (Steelers): I know that Mendenhall has been fantastic since his promotion to the starting gig, but who has he really produced against? His best game was by far in Week 4 against San Diego (26th ranked run defense) and he followed that up with very good performances against Detroit (17th against the run)

and St. Louis (27th verse the run). He was great last week against the eighth ranked run defense of Denver, but the Bengals defense Mendenhall faces this week ranks second in the NFL in stuffing the run as they allow under 84 rushing yards per game and have only allowed four rushing TDs all season. The Cincinnati defense is much more vulnerable through the air (25th against the pass) so look for the Steelers and QB Ben Roethlisberger to attack them more that way.

WR- Calvin Johnson (Lions): It may seem sac-

"Megatron" will be pedestrian once again this week and with most teams in action as the bye weeks wrap up, you can find a better option WR.

WR- Chad Ochocinco (Bengals): The artist formerly known as Johnson has had a terrific year thus far, already surpassing last years totals in receiving yards and TDs, and has reclaimed a spot as one of the NFL's top receivers. However this week will be a tough one for Ochocinco against the Steelers. I know that Broncos WR Brandon Marshall just went for 11 catches and 112 yards on the

Pittsburgh D last week, but it was only the second 100 yard performance from a WR against that defense this year and Ochocinco only had 54 yards receiving the first time these two hooked up. So while Cincinnati is playing well and Ochocinco is back to having fun, you will be disappointed if he's in your Week 10 lineup.

WR- Mike Sims-Walker (Jaguars)

TE- Dustin Keller (Jets)

K- Matt Prater (Broncos)

DEF- San Diego Chargers

Add Em:

QB- Alex Smith (49ers)

RB- Darren McFadden (Raiders)

RB- Ladell Betts (Redskins)

WR- Devery Henderson (Saints)

WR- Earl Bennett (Bears)

K- Steven Hauschka (Ravens)

DEF- Miami Dolphins



Courtesy of flickr.com/photos/Keith Allison

With the passer-friendly Browns on the schedule this week, Ravens QB Joe Flacco could produce as a top-5 QB this week.

rilege to bench the one they call "Megatron," but the numbers suggest that it's the right thing to do. After a fantastic season last year, Johnson has just 352 receiving yards and a lone TD so far this season. This week the Lions travel to Minnesota and while the Vikings pass defense isn't scary, their pass rush led by DE Jared Allen certainly is and they should wreak havoc on Detroit all game long. Things look bleaker when you add that Johnson is playing despite a knee injury that has him less than 100 percent and that his starting QB Matt Stafford is also still recovering from injury. It appears that

Last Week's Results: 8-8-1

Overall Record: 70-65-1

For More Fantasy Football Advice, Check Us Out Online At umwbulletin.com

Women's Rugby Defeats Longwood



Courtesy of David McMillan

The UMW women's rugby team defeated Longwood University in the Ed & Sandy Lee Cup Semifinals to advance to the finals of the tournament.

Field Hockey Falls in Title Game



Courtesy of Chris Reynolds

The UMW field hockey team made it all the way to the CAC championship game, but couldn't pull off the victory as they lost 2-1 to Salisbury University.

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**THE BOONDOCK SAINTS II
ALL SAINTS DAY**

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THE BOONDOCK SAINTS II

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Sports

Women's Soccer Captures CAC Title

By NICK NELSON
Staff Writer

The Mary Washington girls took to the field against strong

competition last Saturday, defeating Stevenson University on penalty kicks after regulation and two overtimes were not enough to settle the contest. The victory brought the Eagles their 13th Capital Athletic Conference championship in school history.

Mary Washington quickly found themselves in a deficit in Saturday's contest, as they were down by a 2-0 margin less than 30 minutes into the game after an unassisted goal by Stevenson's Stephanie Eyler at 7:51 and another by Heather Redding at 29:08.

The Eagles were not to be outplayed, however, and a score by sophomore forward Bridget Dooley off of sophomore forward Nicole Dierkes' assist at 33:10 cut the Stevenson lead in half. The tying UMW goal came just under the wire, with a mere 1:43 remaining in regulation before junior midfielder Sarah Tryon kissed the net with a goal assisted by sophomore midfielder Becky Clark.

After two scoreless overtimes, the Eagles were forced into their second penalty kick situation in as many games. The Eagles placed sophomore Grace



Courtesy of Clint Offen

The women's soccer recovered from a 2-0 deficit to win the 13th Capital Athletic Conference championship in school history.

“ I was proud to see them keep fighting. These girls worked their asses off, pulled off a stunner, and the rest is history.

— Coach Corey Hewson

Rosales into goal, who allowed only two of five Stevenson shots to pass by her. UMW got successful goals from freshman midfielder Meghan Seelye, junior forward Chrissy Reardon, senior forward Kate Parvin and freshman defender Lily Briedis-Ruiz.

Coach Corey Hewson was excited for his team after the thrilling victory. “Our girls were the better team against Stevenson,” Hewson said. “We had already played the best team in the conference in Salisbury, and we knew we had the capability to do it again.”

Sophomore defender Karen Strat explained how the Eagles were able

to achieve the victory.

“Keeping possession and switching the ball from one side of the field to another is what we do best,” Strat said. “When we do it well, it works. We got off to a slow start, two unanswered goals against us within 30 minutes definitely was a bit of a setback. I think we all got a little nervous after that. Once we scored, our momentum and possession game started to pick up.”

Stevenson outshot the Eagles by a 13-11 margin in the game, and had eight corners to UMW's five. Sophomore goalie Tina Brehm managed five saves for UMW, while Stevenson's Lauren Weitzman had four saves.

Hewson was quick to acclaim the play not just of individual standouts, but the strong team play the Eagles exhibited as well.

“[Senior midfielder] Katelyn Shank played an absolute blinder of a game,” Hewson said. “She had outstanding defense and great intensity on the counterattack. Lily Ruiz started as a role player, and came up huge for us [in Saturday's win]. We're a young team, but we gel on the field and understand each other. It's not always pretty, but sometimes it is. These girls are not willing to quit, they are always battling. They were down, and they kept going. I was proud to see them keep fighting. These girls worked their asses off, pulled off a stunner, and the rest is really history.”

Strat carried that enthusiasm through in describing the next steps for the Eagles.

“I wouldn't say we're nervous at all. This is kind of like the bonus part of the season. We won the CAC's and no one can take that away from us.”

The Eagles will be advancing to the first round of the NCAA Tournament on Thursday, being played in Maryville, Tenn. It is their first NCAA Tournament appearance since 2004, and the first under Hewson.

Going into the next game, both Hewson and Strat had plenty to say about what it took for the team to get this far.

“A lot of fans might not realize what it takes to get this far,” Hewson said. “Practice has some heartache, but it leads to moments that you'll never forget. You have your ups and downs, but things are clicking, and we're still playing.”

“UMW was the women's soccer team to beat a few years ago,” Strat said. “You can look at our past CAC championships...we have quite the legacy. It's the rivalries and our legacy that many people may not know about. I'm hoping we can have another CAC winning streak the next few years.”

The girls take the field today in the first round of the tournament against Maryville College, holders of a 13-4-1 record. The winner of this game faces Trinity University in Trinity, Texas. Trinity has a perfect 16-0-0 record and holds the top seed in the tournament.

Cross Country Teams Finish Strong

Men's Team Wins CAC Title, Women's Team Places Second

By ANDREW KADA
Staff Writer

The UMW men's and women's cross

country teams traveled to Heritage Farms Park in Walkersville, Md. this past Saturday to compete in the 2009 Capital Athletic Conference Championship. In the 8K race, the men's team saw five runners finish in the top nine in capturing the 2009 CAC title. For the 6K race, the UMW women finished in second place, just five points behind

UMW was well aware that SU was the team to beat.

The men's team was feeling especially confident with a well rounded top 5 squad comprised of mostly seniors who were looking to make their final stand.

“The team would settle for nothing less than a win. We were without our No. 2 runner Jason Driscoll, but our depth carried us through with some sophomores and a freshmen picking up the slack,” commented CAC runner of the year and senior Frank DeVar.

The women's team was equally prepared and they knew that if they were to win, they would have to put up a fight.

“Salisbury in general has a very strong set of girls that always packs a punch in the front,” said CAC runner of the year and junior Sarah Dawes.

DeVar finished first in the men's 8K race with a time of 25:23.66, Senior Brian Fulton finished second overall with a time of 27:03.47, and freshman Scott Plunkett took fifth with a time of 27:23.55. Seniors Matt Cash and Jake Pattysen finished eighth and ninth to round out the UMW “top 5”.

Other noteworthy performances came from

Sophomore Kyle Anderson who finished in 12th place and was joined on the All-CAC squad by sophomore David Gayek who took 14th place.

Sophomore Chris Marino and Junior Stephen Harrison both finished in the top 20 as well. The final men's scores were tallied up by Mary Washington 25, Salisbury University 38, and York College 71.

Head coach Stan Soper was excited to see his men's team race so well, especially when he knew the scoring had put UMW in first by race's end.

“The men's race went about the way we had hoped it would. We needed to take advantage of our team's depth, so while our top men got out strong, some of our other guys hung back a little the first half of the race, and then moved up through the ranks to secure the win,” said Soper.

For the women's 6K race, junior Sarah Dawes finished first with a time of 24:12.79. Junior Kristy Witek took third at 24:52.50, and was joined on the All-CAC first team by Michaela Sands in seventh place at 25:17.73. Sophomore Mara Cate took 11th at 25:46.11, and Dawn Rainbolt also joined the All-CAC team in 13th place at 25:56.82. Senior Nina Pfeiffer also finished in the top 20, taking 17th at 26:37.63.

The women's race was a very close contention between UMW and Salisbury.

“During the finishing stretch coaches were yelling at me and the Salisbury girls saying that we both needed the points,” according to Junior Kristy Witek.

In the end, the final women's score among the top three schools was Salisbury 30, Mary Washington 35, and York College 84.

While accepting second to Salisbury, the UMW women and Coach Stan Soper knew it couldn't have been a closer race.

“Every UMW girl was fighting as hard as they could, coming down the final stretch, giving it everything they had. Immediately after the women's race, I knew the score was close, but I

had thought we had won, so naturally I was excited. Unfortunately it didn't turn out that way,” commented Soper.

Overall, both UMW cross country teams are proud of their successes and are happy that their perseverance paid off.

“Our strengths are definitely in our work ethic. We have runners in the pool multiple nights a week, doing weight workouts, running twice a day. We also all share the same goal of winning conferences and qualifying for nationals,” said DeVar.

CAC awards from the meet include Men's Coach of the Year to Soper and Runners of the Year to Dawes and DeVar for their outstanding season performances and champions of their races.

“Soper is a great coach and he really cares about all of us. He puts so much time and effort into making sure we all are ready for the championships,” said Witek.

“Sarah Dawes ran a courageous race. She took the lead and never looked back, so she deserved runner of the year,” said DeVar.

“To say that Frank 'dominated' the field would be an understatement. He certainly showed he was on another level than the rest of the competition...Frank was by far the best runner in the conference the past two years, and will go down as one of the best ever in the history of the conference,” said Soper.

The next item on Mary Washington Cross Country's agenda is the NCAA South/Southeast regional meet, this Saturday in Greensboro, N.C. where both teams will make a run for the national meet as individuals and teams.



Courtesy of Andrew Kada

Senior Frank DeVar led the Eagles' charge as the men's team won the CAC title and DeVar was given the honor of being named the CAC Runner of the Year.

champion Salisbury University.

Going into the CAC meet, both teams knew that their hard work and dedication would be put to the test. With the UMW and Salisbury University being the only two schools in the conference to ever win a CAC cross country championship,

Not all athletics have announced their awards, but below are UMW athletes who have been honored so far.

Fall Sports Awards

Volleyball: Anne Lutkenhaus - First-Team All-CAC, Volleyball Player of the Year. Laura Gomez - Second-Team All-CAC, CAC Rookie of the Year. Coach Dee Conway - CAC Coach of the Year.

Cross Country: Frank DeVar - Men's Runner of the Year. Sarah Dawes - Women's Runner of the Year. Coach Stan Soper - Coach of the Year.

Men's Soccer: Duke Mensah-Abrampah, Peter Toohey, Emmett Rutkowski - First-Team All-CAC. Will Gallop & T.L. Tutor - Second-Team All-CAC. Coach Roy Gordon - CAC Co-Coach of the Year.

Interested in sports writing? Contact Zach Moretti at zmoretti@mail.umw.edu